



	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00am			BOOT CAMP		BOOT CAMP	OPEN	
7:00am		OPEN	5:30-6:30A	OPEN	5:30-6:30A	5:30 - 7:15A	OPEN
7:30am		(Full Gym)		(Full Gym)	OPEN	40+ BB	(Full Gym)
8:00am	Quick Start	5:30 - 9:00A	40+ BB	5:30 - 8:15A	(Full Gym)	(Full Gym)	6:30A-8:30A
8:30am	Tennis	TRX 9-9:30A	(Full Gym)	Kettlebells	6:30 - 9:30A	7:15 - 9:15A	
9:00am	8:00-10:00A	(1/2 Gym)	7:15 - 9:15A	1/2(8:15-9:30A)			
9:30am		(Open 1/2 Gym)		(Open 1/2 Gym)		(Open 1/2 Gym)	
10:00am	Tumbling	9:30-12:00P	PICKLEBALL	8:30-12P	PICKLEBALL	9:30-12P	OPEN
10:30am	10-12P	TOT	9:30A - 12P	TOT	9:30A - 12P	TOT	(Full Gym)
11:00am		(1/2 Gym)	Drop In	(1/2 Gym)	Drop In	(1/2 Gym)	8:30A-12:00P
11:30am		9:30A - 12:00P	(Full Gym)	9:30A - 12:00P	(Full Gym)	9:30A - 12:00P	
12:00pm	FAMILY	Kettlebells	MCC PUMP				
12:30pm	(Full Gym)	1/2(12:15-12:45P)	1/2(12:15-12:45P)	OPEN	OPEN	OPEN	
1:00pm	12:00 - 2:00P	OPEN 1/2 Gym	OPEN 1/2 Gym	(Full Gym)	(Full Gym)	(Full Gym)	OPEN
1:30pm		(Full Gym)	(Full Gym)	12:00 - 6:00P	12:30 - 6:00P	12:00 - 6:00P	(Full Gym)
2:00pm		1:00 - 6:00P	1:00 - 2:30P				12:00-4:00P
2:30pm		Family Gym	HS/MS OPEN	Family Gym	HS/MS OPEN	Family Gym	
3:00pm	OPEN	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	
3:30pm	(Full Gym)	6:00-7:00P	2:30 - 5:00P	6:00-7:00P	2:30 - 5:00P	6:00-7:00P	
4:00pm	2:00 - 6:00P	ASF(1/2 Gym)					FAMILY
4:30pm		5:00 - 6:00P	OPEN 1/2 Gym	OPEN 1/2 Gym	OPEN 1/2 Gym	OPEN 1/2 Gym	(Full Gym)
5:00pm		TRX 5:30-6:00P	ASF(1/2 Gym)	ASF(1/2 Gym)	ASF(1/2 Gym)	ASF(1/2 Gym)	4:00 - 6:00P
5:30pm		CARDIO	5:00 - 6:00P	5:00 - 6:00P	5:00 - 6:00P	5:00 - 6:00P	
6:00pm	FUTSAL	KICKBOXING	(Full Gym)	OPEN	OPEN	OPEN	OPEN
6:30pm	(SOCCER)	6:15-7:30P	6:00-7:30P	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(Full Gym)
7:00pm	(Full Gym)	ADULT OPEN	FUTSAL	6:00-7:00P	6:00-7:00P	6:00-7:00P	6:00 - 7:55P
7:30pm	6:00 - 7:55P	BASKETBALL	(SOCCER)	ADULT OPEN			
8:00pm		(Full Gym)	(Full Gym)	BASKETBALL	Youth Futsal	(Full Gym)	
8:30pm	FACILITY	7:30 - 8:55P	7:30 - 8:55P	(Full Gym)	(Full Gym)	7:00-8:55P	FACILITY
9:00pm	CLOSES			7:30 - 8:55P	7:30 - 8:55P		CLOSES
	8:00P						8:00P

FACILITY CLOSING AT 9:00P MONDAY - FRIDAY

## Key and Descriptions

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

FG = Family Gym (Parent/Guardian with child(ren) only).

Open Volleyball=Drop in program for Adults/High School Students

Adult Open Basketball 18+ and out of HS

Futsal =Soccer Alternative Drop In Program 16+

Pickleball: Cross between tennis, badminton and ping pong

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class (1/2 Gym)

KETTLEBELLS = Pre-registered Fitness Class (1/2 Gym)

Instr. Choice = Pre-registered Fitness Class (1/2 Gym)

WORK the CIRCUIT = Pre-registered Fitness Class (1/2 Gym)

BOOTCAMP = Pre-registered Fitness Class (1/2 Gym)

CARDIO KICKBOXING = Pre-registered Class (1/2 Gym)

TRX = Pre-registered Fitness class (1/2 Gym)

Youth Futsal, Grades 5-9

\*\*\*When 1/2 Gym is reserved/scheduled

the other 1/2 is Open Gym\*\*\*

MCC reserves the right to alter this schedule

Please call us or check the town web

for updates at [www.mansfieldcc.com](http://www.mansfieldcc.com)

### \*\*\*\*\*GYM RESERVED\*\*\*\*\*

3/5 WAM Registration Drive 9:30A-12:30P

3/12 1/2 Gym Slide Party 10:30-11:30A, Little League

Player Evaluations 11:30A-12:30P, Soccer Rental 3:

3/13 Fun &amp; Games Party 4-5P, Little League 12-2P

3/19 PreSchool Party 11:30A-1:30P, Family Fun Nigh

4:30-7:30P

3/20 Fun &amp; Games Party 3-5P

3/26 Rain Location for Easter Egg Hunt 11:30A-